

SAFE SCHOOLS DEPEND ON CUPE

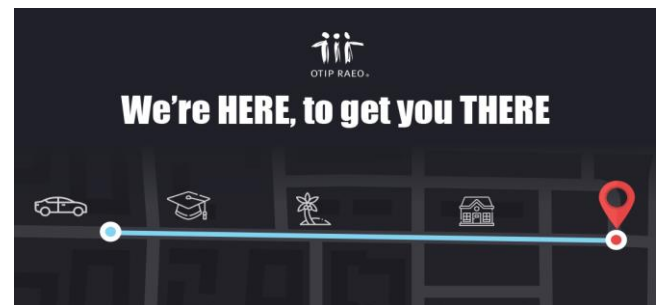


OTIP welcomes you back with a chance to win \$10,000!

As a new school year begins, so does a brand-new contest from OTIP. We want to give you the chance to win **\$10,000 in cash or 1 of 2 \$500 VIA Rail gift cards** to help you get wherever it is that you want to go! You could buy that new car, save for your child's education, take a vacation or put a down payment on a new house, it is up to you!

To enter the contest for your chance to win, visit:

www.OTIP.com/get_you_there



Employee and Family Assistance Program

Shepell is available to CUPE members and their families for a number of services including counselling, lifestyle issues and referrals to other agencies. The service is free and confidential. To contact Shepell, call 1-800-387-4765 or workhealthlife.com

Retirement Banquet/Christmas Party

The Social Committee has made the difficult decision to cancel the Retirement Banquet due to unavailability of the venue and the COVID restrictions in place. The committee is looking at other ways (virtual) to recognize our retirees. If you have a message to send one of our many retirees watch your email for the opportunity to contribute.

Children's Christmas Party

The Children's Christmas Party has also been cancelled for this year. The Social Committee will look at a different event once restrictions are lifted and we can gather in large numbers once again.

RESILIENCY TIPS

It's essential to take care of yourself, not only for your well-being but also for those you care about and support. Your self-care will help improve your energy, focus, ability to cope with challenges and overall life experience. And you will be modelling wellness strategies for the children and the youth you serve.

Nourish yourself So often it is the little things, like taking time to eat and hydrate adequately, that get missed when we are busy caring for others. Be mindful of the foods you choose and how much water you drink. Food and water fuel us for the day. Pack healthy snacks. Use a reusable water bottle. Limit caffeine intake. Notice and enjoy your meals and snacks.

Sleep well Aim to get at least seven to nine hours of sleep each night. Research has shown that getting five or fewer hours of sleep a night can lead to health problems. Getting enough sleep also helps you cope with the stresses of everyday life.

Stay active Physical activity increases your energy, enhances your immune system, reduces insomnia, stimulates brain growth, and even acts as an antidepressant. You can achieve these benefits with as little as a 30-minute walk. Plus, the endorphin production following physical activity is nature's gift to you for stress management.

Stay connected Supportive relationships are one of the most powerful influences on our sense of wellness. People who regularly spend time with friends and family show the highest levels of happiness. If you can't see your loved ones every day, you can still send an email or make a phone call.



September General Membership Meeting

Date and Time: Saturday, September 12 at 9:30 am

Location: BMO Centre, 295 Rectory Street (south of Florence Street) in London.

Instructions: Due to COVID-19 restrictions, a number of protocols will be in place:

- You must **pre-register** by Thursday, September 10 by emailing cupelocal4186@gmail.com
- **Masks** must be worn at all times in the venue (mandatory)
- **Hand sanitizer** will be available
- **Physical distancing** during registration and the meeting is required for all those attending.

*** Nominations for the executive board positions and the election of the three-year health and safety committee member will take place at this meeting. You do not have to attend the meeting to be nominated if you send in your intent prior to September 12 (as per Bylaws).*

A tentative date for elections is October 17



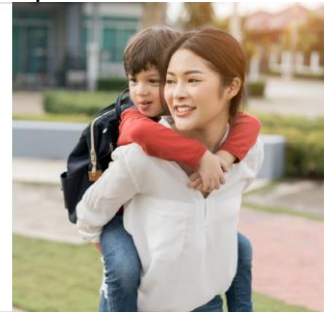
JOKE OF THE MONTH



OTIP has got your back!

OTIP brokers help find the right coverage at the best value—plus, get a \$20 gift card when you get a quote for car or home insurance! Review your quote with a broker on the phone & mention this offer to be eligible.

<https://bit.ly/3giTiQS> #OTIPUpdate



If you have Questions/Concerns:

DON'T save them up!
Ask your principal or supervisor for confirmation (make sure to follow up in email)
Seek union help
(email cupelocal4186@gmail.com)
We can't do anything if we don't know about it.
If you feel something isn't right, say it!



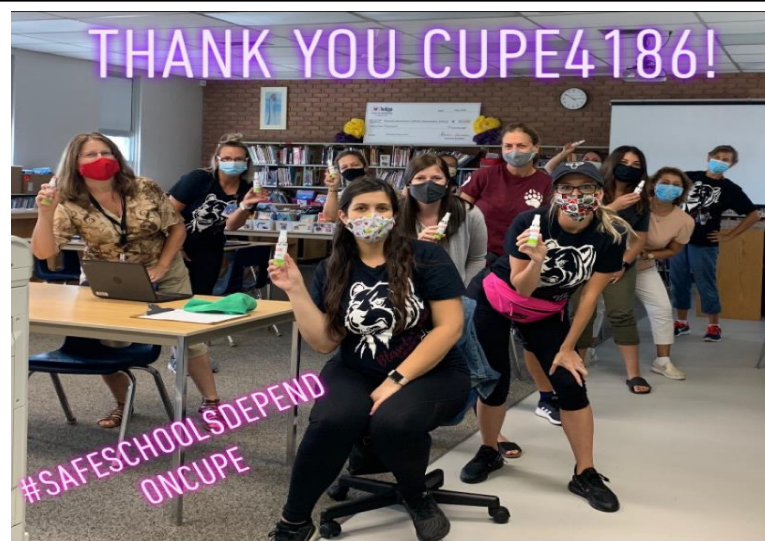
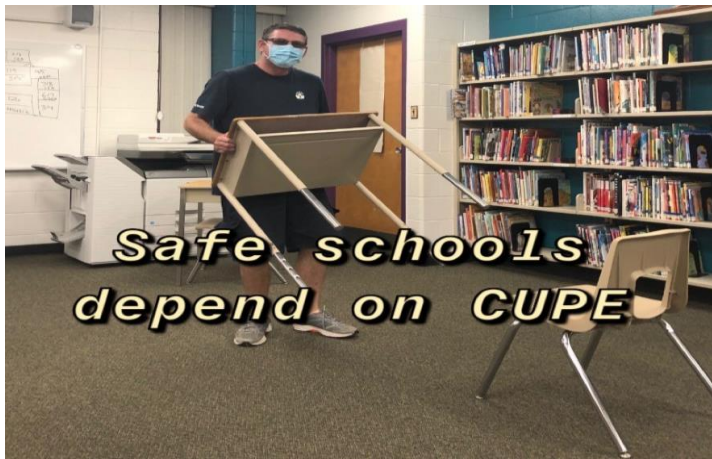
SOME OF OUR INCENTIVE WINNERS SHOWING OFF THEIR PRIZES:)



Have a success story? Share it with us 😊

How is your team staying strong and creative and successful??

LET US KNOW!!!!

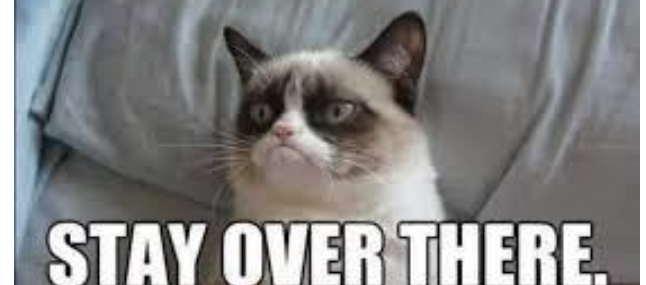


Share Your News

If you know of any member who is ill, has had a baby, has recently married or experienced a loss in his/her immediate family, please contact your Local.

Send an email to cupelocal4186@gmail.com or leave a message at 519-679-4186.

LIKE A GOOD NEIGHBOR



STAY OVER THERE.